



MANIFESTATION *Journal*

This Book Belongs To

3-6-9 METHOD

Write 1 times this name of the thing you want to manifest

Write 6 times your intention for thing you want to manifest

Write 9 times what you want to manifest be specific and visualize it

RAISE YOUR VIBRATION

One person with whom you share your adventures

One meal that reminds you of home

One memory that makes you giggle

One errand you're always up for

One thing you believe now more than ever

One kind of surprise that brightens your day

One Music that you love to listen

DAILY SCHEDULE

Time		S	M	T	W	T	F	S
5:00 AM		Notes						
6:00 AM								
7:00 AM								
8:00 AM								
9:00 AM								
10:00 AM								
11:00 AM								
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10:00 PM								
11:00 PM								
12:00 PM								
1:00 PM								
2:00 PM								

WEEKLY TRACKER

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 AM							
6:00 AM							
7:00 AM							
8:00 AM							
9:00 AM							
10:00 AM							
11:00 AM							
12:00 PM							
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10:00 PM							
11:00 PM							
12:00 PM							
1:00 PM							
2:00 PM							

ABUNDANCE MINDSET

Who want to be?

Who I want to Have?

DESIRE WORKSHEET

Defining my desire

Starting my why

How would i feel

10 MINUTES GRATITUDE

Write a thank you note to someone you wanted to
thank for long time and didn't have a chance to

Date:

One person you would like to thank

One thing you would like to thank her or him for

We Details to describe the thing or action for which you're thankful

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One way in which the thing or action made a difference to you

GETTING TO KNOW MYSELF

Answer the following questions there are no rules,
just let your heart speak

Am i truly happy and at peace with myself? why? why not?

What is my higher self like ? Describe in Details

EVENING ROUTINE

[illegible][illegible]

THOUGHT PATTERN

Negative	Positive
Negative	Negative
Negative	Negative

LIST OF ATTRACTIONS

SUMMARIZE WHAT YOU HAVE PREVIOUSLY ATTRACTED INTO YOUR LIFE AND WHAT YOUR HOPE TO ATTRACT IN THE FUTURE USE IT AS A VISUAL GUIDE TO HELP YOU PRACTICE POSITIVE AFFIRMATIONS AND MANIFEST THE THINGS YOU WANT IN THE FUTURE

THINGS YOU HAVE ATTRACTED INTO YOUR LIFE

THINGS YOU WANT TO ATTRACT INTO YOUR LIFE

VISION BOARD

In the space provided below on what you hope for your life and relationships Consider where you now and where you wish to be. Do you notice a current sold in your life? Does one nared more work than others? How far off are your visions?

Friendships

Relationships

Family Connection

FISCAL TRACKER

Income Source # 1

Information about this income source

Hours per work

Type of income

Monthly income

Yearly income

Income Source # 1

Information about this income source

Hours per work

Type of income

Monthly income

Yearly income

Total Income

Monthly Income

Yearly Income

YEARLY GOALS

January	February	March
April	May	June
July	August	September
October	November	December

30 DAYS CHALLENGE

Challenge Title:

Start Date:

End Date:

Challenge Overview:

Day 1	Day 2	Day 3	Day 4	Day 5
Day 6	Day 6	Day 7	Day 8	Day 9
Day 11	Day 12	Day 13	Day 14	Day 15
Day 16	Day 17	Day 18	Day 19	Day 20
Day 21	Day 22	Day 23	Day 24	Day 25
Day 26	Day 27	Day 28	Day 29	Day 30

[illegible]

NOTES

This image shows a blank sheet of white paper with horizontal dashed lines. The lines are evenly spaced and run across the width of the page, providing a guide for handwriting or drawing. There are no other markings, text, or illustrations on the page.